

# January 2020

## Lifestyle and Health – Aged City Living

INCLUSIVE CONNECTIONS FOR EVERYONE  
AGED CITY LIVING AND PATHWAYS COMBINED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2 <b>NO ACTIVITIES</b>	3 <b>NO ACTIVITIES</b>
6 <b>COFFEE AND CHAT AT BIGA</b> 10.30-11.30 	7 <b>Walking Wombats 10.30-11.30</b> 	11 <b>Visit Adelaide Botanical Gardens</b> leaving at 9.30 from Hutt St Centre 	12 <b>Catch the tram to Glenelg for lunch</b> Leaving Hutt St Centre at 10.30 	13 <b>NO ACTIVITIES</b>
13 <b>COFFEE AND CHAT AT BIGA</b> 10.30-11.30 	14 <b>Travelling Walking Group</b> Leaving Hutt St Centre At 10.30 at Kingston Park Coastal Reserve- Healthy Lunch 	15 <b>Mystery Bus Trip 9.30-11.30</b> 	16 <b>Cooking pancakes in the Meal Centre</b> 1.15 pm 	17 <b>Would you like to connect to your community?</b> Find out where your local shops are, library and cafes and banks. Community centres are thriving in the community and offer wonderful groups to connect people with like - minded people. Please book in for a 2 hour session includes a coffee and chat.
20 <b>COFFEE AND CHAT AT BIGA</b> 10.30-11.30 	21 <b>Walking Wombats 10.30-11.30</b> 	22 <b>Mystery Bus Trip 9.30-11.30</b> 	23 <b>NO ACTIVITIES</b>	24 <b>Would you like to connect to your community?</b> Find out where your local shops are, library and cafes and banks. Community centres are thriving in the community and offer wonderful groups to connect people with like - minded people. Please book in for a 2 hour session includes a coffee and chat.
27 <b>PUBLIC HOLIDAY</b> 	28 <b>Walking Wombats 10.30 -11.30</b> 	29 <b>Table Tennis in the Courtyard</b> Starts at 10.30 	30 <b>Belair National Park BBQ and Cricket Leaving HSC</b> at 10.30 	31 <b>Would you like to connect to your community?</b> Find out where your local shops are, library and cafes and banks. Community centres are thriving in the community and offer wonderful groups to connect people with like - minded people. Please book in for a 2 hour session includes a coffee and chat.

**COMMUNICATION**

**WELLBEING**

**SAVE MONEY**

**STAY FIT**

Please contact either Liz or Margaret regarding the Lifestyle and Health Program 0417 987 062 or [lizj@huttstcentre.org.au](mailto:lizj@huttstcentre.org.au)

## Welcome to the new Nutrition Corner with Liv.



It's a new year, so that means we must start the day off right, try these breakfast pancakes for a nutritious and filling start to your day.

### Banana Pancakes

Ingredients, makes about 4

- 1 cup of wholemeal flour
- 1 cup of almond milk
- 2 bananas
- 2 tsp Cinnamon if you like

To cook

- 3 tablespoons of butter

To serve

Fruit, anything in season

- 1 Tbsp, honey or maple syrup



### Method

1. Mash banana with a fork until it makes a thick paste
2. Place all ingredients in a bowl and mix, banana, milk and flour.
3. Transfer batter to fry pan, place butter on fry pan first. Scoop batter onto pan and wait til bubbles form.
4. Flip batter, cook for two minutes.
5. Remove from pan, repeat with all the batter.
6. Serve with fresh fruit, maple syrup or honey.

SWCC cooking – Monday 20<sup>th</sup> January 2019.

Come along and enjoy cooking and sharing a meal with other community members, everyone is welcome.

Where: 171 Sturt St Adelaide

Time:1-3

## HOW TO TREAT HEAT STRESS

### THE SIGNS

#### HEAT EXHAUSTION

- Dizzy
- Pale and clammy
- Weak pulse
- Sweating
- Cool to touch
- Muscle cramps

Vs

#### HEAT STROKE

- Headache
- Red and hot
- Thumping pulse
- Dry skin
- Temperature over 40°C
- May lose consciousness



## EXPRESSION OF INTEREST

### 3 x 3 Basketball



#### For people over 50

We are excited that 3 x 3 walking basketball is going to be commencing in 2020. The rules are modified to suit our fitness and skills. We are excited that we are entering a team, at this stage we are unsure of what day and time we will be playing. Please call **0417987062** to express your interest.

### 2020 GOALS FOR THE PROGRAM

- **Communication** – make new friends, learn skills to support good communication, develop trust
- **Wellbeing** – be socially connected, find purpose
- **Save Money** – learn ways to stretch your dollars and save
- **Stay Fit** – be active, sleep well, eat well

January  
2020

## LIFESTYLE AND HEALTH AGED CITY LIVING – HUTT ST CENTRE

rebuilding lives  
**huttst**  
CENTRE

### COMMUNICATION



### WELLBEING



### SAVE MONEY

### STAY FIT



### Heatstroke

Heatstroke is a life-threatening condition in which the body overheats when it can no longer maintain a healthy temperature. The high body temperature (over 40°C) in heatstroke can lead to organ damage. You can avoid heatstroke by taking precautions in very hot weather. **Dehydration and heat exhaustion are milder types of heat-related illnesses. Heatstroke is a medical emergency.** If someone has heatstroke call triple zero (000) and ask for an ambulance. Meanwhile, give the person sips of cool fluid if possible and lay them in a cool shady place. <https://www.healthdirect.gov.au/heatstroke>

### Energy Bills

**Ways to reduce electricity usage and save.** Making small changes to your electricity usage can help reduce your electricity bill and it is better for the environment too. Hot water systems are high in your power usage, have shorter showers, use cold water to wash your clothes, wash with a full load. Fridges also use a bit of power, check if your doors seals are worn out, your fridge may be leaking cold air which will cost you more to run, older fridges may use up to three times more electricity than newer fridges.

Turn off lights and appliances at the wall when not using them. Ref: Cota summer Dec 2019 – Feb 2020

### Meet our new OT



Maddie is our new OT at Hutt St in the ACL team. Maddie has spent her professional career working in Residential Aged Care facilities. She is from Perth, WA and moved to Adelaide at the beginning of 2019 for a bit of a 'sea change', and is enjoying living here. Despite the photo, Maddie is actually a Sydney Swans supporter, and enjoys playing women's AFL. Maddie is really looking forward to getting to know everyone at Hutt St alongside you all.

## Inspirational Quotes

